

**Organization / Agency Information**

<b>Organization/Agency Name:</b> More Health Inc		
<b>Physical Address:</b> 3821 Henderson Blvd Tampa, Florida 33629		
<b>Mailing Address:</b> 3821 Henderson Blvd Tampa FL 33629		
<b>CEO or Director &amp; Title:</b> Mrs. Karen Buckenheimer, Executive Director		
<b>Phone:</b> (813) 288-0378	<b>Fax:</b>	<b>Email:</b> Karen Buckenheimer Tel: (813) 287-5032 Fax: (813) 288-8180 kpesce@morehealthinc.org
<b>Contact Person &amp; Title:</b> Carlene Lemaster, Operations Manager		
<b>Phone:</b> (813) 288-0378	<b>Fax:</b>	<b>Email:</b> clemaster@morehealthinc.org
<b>Web Site Address:</b> <a href="http://morehealthinc.org">http://morehealthinc.org</a>		<b>Tax ID:</b> 593397472

**Program / Grant Information**

**Program Area:** Health

<b>Program/Project Name:</b> Super Smiles			<b>Amount of Grant Requested:</b> \$25,000
<b>Total Organization Budget:</b> \$950,743	<b>Per 990, Percentage of <u>Program Service Expenses</u> (Column B/ Column A x 100):</b> 84%	<b>Per 990, Percentage of <u>Management &amp; General Expenses Only</u> (Column C / Column A x 100):</b> 14%	<b>Per 990, Percentage of <u>Management &amp; General Expenses and Fundraising</u> (Column C+D / Column A x 100):</b> 16%
<b>Purpose of Grant Request (one sentence):</b> To improve children's oral health through MORE HEALTH's innovative dental hygiene and nutrition education, distribute of toothbrushes, and partner with the School Based Sealant Program.			
<b>Program Start Date (Month and Year):</b> 8/1/2019		<b>Program End Date (Month and Year):</b> 7/31/2020	
<b>Gimbel Grants Received: List Year(s) and Award Amount(s)</b> 2012 - \$25,000 for the MORE HEALTH Teen Pregnancy Prevention Lesson, Choice not Chance.			



# S.L. Gimbel Foundation Fund Grant Application

Internal Use Only:
Grant :

## Organization / Agency Information

<b>Organization/Agency Name:</b> MORE HEALTH, Inc.		
<b>Physical Address:</b> 3821 Henderson Blvd		<b>City/State/Zip</b> Tampa, Florida 33629
<b>Mailing Address:</b> 3821 Henderson Blvd		<b>City/State/Zip</b> Tampa, Florida 33629
<b>CEO or Director:</b> Karen Pesce Buckenheimer		<b>Title:</b> Executive Director
<b>Phone:</b> 813-287-5032	<b>Fax:</b> 813-288-8180	<b>Email:</b> kpesce@morehealthinc.org
<b>Contact Person:</b> Karen Pesce Buckenheimer		<b>Title:</b> Executive Director
<b>Phone:</b> 813-287-5032	<b>Fax:</b> 813-288-8180	<b>Email:</b> kpesce@morehealthinc.org
<b>Web Site Address:</b> morehealthinc.org		<b>Tax ID:</b> 59-3397472

## Program / Grant Information

Interest Area: ☐ Animal Protection ☐ Education ☐ Environment ☒ Health ☐ Human Dignity

<b>Program/Project Name:</b> Super Smiles			<b>Amount of Grant Requested:</b> \$25,000
<b>Total Organization Budget:</b> \$904,879	<b>Per 990, Percentage of Program Service Expenses (Column B / Column A x 100):</b> 84.5	<b>Per 990, Percentage of Management &amp; General Expenses Only (Column C / Column A x 100):</b> 13.8	<b>Per 990, Percentage of Management &amp; General Expenses and Fundraising (Column C+D / Column A x 100):</b> 1.7
<b>Purpose of Grant Request (one sentence):</b> Improve children's oral health through dental hygiene education, distribute toothbrushes, and partner with seal			
<b>Program Start Date (Month and Year):</b> August 2019		<b>Program End Date (Month and Year):</b> July 2020	
<b>Gimbel Grants Received: List Year(s) and Award Amount(s)</b> 2012 \$25,000 for Choice Not Chance, a teen pregnancy and HIV prevention lesson			

## Signatures

<b>Board President / Chair (print name and title):</b> Cindy Rose Board President	
<b>Signature:</b>	<b>Date:</b> 7/11/19
<b>Executive Director/President (print name and title):</b> Karen Buckenheimer, Executive Director	
<b>Signature:</b>	<b>Date:</b> 7/11/19

## **2019 S.L. Gimbel Foundation Fund APPLICATION**

### **Narrative**

#### **I. Organization Background**

Providing health and safety education to children, teens and adults.

Since 1989, MORE HEALTH has been working to improve the health of children, teens, and adults through interactive health education lessons. Our instructors have taught over 4 million students in schools throughout Tampa Bay, one classroom at a time.

MORE HEALTH has maintained strong partnerships with public school districts and private schools to enhance school districts' health education programs.

#### **Objectives**

Providing students with the knowledge and skills they need to improve their health is the main objective of MORE HEALTH lessons. The lessons teach students important skills they need to make healthy lifestyle choices. Through these high-quality, interactive lessons, students learn how to:

- Set goals
- Make healthy choices and good decisions
- Find accurate health information, increasing health literacy
- Reduce or avoid health risks
- Influence others to make healthy choices

#### **Benefits of a MORE HEALTH Lesson**

- Aligns with the National Standards for health education and meets many standards in other subject areas, such as science and language arts.
- Engages students in a kinesthetic style of learning with custom made visuals, puppets, songs, and dance movements.
- Ensures students receive scientifically and medically accurate information.

#### **Organizational Accomplishments:**

Since 2016, MORE HEALTH has made 6,038 visits to schools, delivering 29,539 presentations, teaching over 630,000 students health and safety education. Receiving over 17,000 classroom teacher lesson evaluations, MORE HEALTH maintained a 98% average of satisfaction on the lesson content, relevance, visual aids, MORE HEALTH instructor's knowledge and rapport.

Three years ago, the Hillsborough County School Board requested that the School Based Sealant program expand to all Title 1 elementary schools. MORE HEALTH not only increased the number of students receiving dental health lessons but also expanded their role by creating a schedule for the FQHC's mobile clinic visits to coincide with the MORE HEALTH lessons. This best practice school based sealant scheduling process was welcomed by the schools (now only one person handling the all the scheduling and questions) and lead to increase of student participation.

MORE HEALTH and local law enforcement team-teach lifesaving firearm and violence prevention education. Last year, a group of middle students followed the steps they learned during the Firearm Safety and Violence Prevention Lesson when they over heard an older student stating he was bringing a gun to the school basketball game to settle a dispute. After overcoming obstacles, the principal was told and the student and gun were found.

The MORE HEALTH's fourth grade Skin Cancer Prevention Lesson prompted Gracie to tell her parents about a suspicious mole. After a visit to the doctor and failed treatment, a dermatologist delivered the news it was Melanoma. Gracie received 18 months of treatment and now is cancer free.

MORE HEALTH hears stories like these every year and we know there are countless other stories we do not hear. Our numbers are impressive and we enjoy the outstanding reputation we have in our community, but it is stories like these that are most memorable and impactful.

#### **Program Activities:**

During the past 30 years, MORE HEALTH has developed 25 individual health lessons and educated 4 million children in grades pre-K through 12th grade. The lesson topics include dental health, firearm safety, skin cancer prevention, nutrition and fitness, bicycle and pedestrian safety, personal hygiene, poison prevention, heart, lung, and brain health, teen pregnancy prevention, and the dangers of distracted driving to name a few. All MORE HEALTH lessons are aligned to the National Health Standards and Florida State Standards for health, science, language arts, math, and physical education. Based upon research and national best practices, MORE HEALTH lessons are innovative and interactive and developed by MORE HEALTH in collaboration with experts in the health field. Teachers receive pre and post-visit lesson materials and activities to reinforce the concepts presented to the students by the MORE HEALTH instructor. Educational information is also sent home with students to encourage family involvement. MORE HEALTH serves public and private schools and other community and faith-based organizations throughout the Tampa Bay area, which is a region in west central Florida with an estimated total population of 2.8 million people. MORE HEALTH is also active in the community, partnering with local hospitals, law enforcement, health departments, federally qualified health clinics, and organizations to promote and provide health and safety initiatives. This grant will focus efforts in Hillsborough County, where the high minority populations and high poverty levels have led to health disparities. The Black population is higher (17.8%) than the statewide percentage (16.9%) and the Hispanic population (28.6%) is also higher than the state percentage (25.6%). Hillsborough County residents living below the federal poverty level is higher (15.7%) than the state's percentage (14%).

## **II. Project Information:**

### **A) Statement of Need**

Dental pain is the most common reason children miss school. It is hard to imagine school children in Hillsborough County, Florida growing up without a toothbrush. But it is a reality, and it is heartbreaking. MORE HEALTH instructors report daily the overwhelming number of children who tell us they have never had a toothbrush. They are overjoyed to learn how to care for their teeth and mouth through the MORE HEALTH Dental Lesson and be given their very first toothbrush. Often they quietly ask for additional toothbrushes to give to their siblings. Perhaps that is why dental education is MORE HEALTH's most requested lesson.

A healthy mouth is an essential part of your overall health. In the United States, tooth decay remains the most common chronic disease of children ages 5 to 17 and is 5 times more common than asthma. About 1 of 5 (20%) children aged 5-11 years have at least one untreated decayed tooth. Most know dental problems result in pain and tooth loss, but untreated dental disease can lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school days and receive lower grades than children who don't. Tooth decay is preventable through education, oral hygiene, healthy nutrition, and regularly visiting the dentist.

Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities, compared with children from higher-income households (11%). Poor oral health often occurs as children may not receive proper dental care instruction at home and may only see a dentist during a dental emergency. Studies from many experts including the Robert Wood Johnson Foundation and the Centers for Disease Control have documented basic health education is an effective prevention and early intervention tool for improving child health, including oral health. Increasing oral health literacy has

been shown to be effective in bringing awareness and improving behaviors to greatly enhance one's ability to resist oral diseases.

MORE HEALTH believes prevention begins with young children. Oral health education partnered with preventive services will help reduce the number of children with cavities. Partnering with local Federally Qualified Health Centers, MORE HEALTH will work with Hillsborough County schools by providing dental education to students and families, and assist in scheduling preventative services to students in Title 1 schools. With parent/caregiver permission, students will receive a dental check-up, fluoride varnish, and dental sealants placed on healthy molars. Students needing dental treatment will be referred to local dental clinics.

#### B) Project Description

Through grant funding, the goal of this project is to empower students and parents with the knowledge to prevent tooth decay and improve the health of their mouth. Research shows that by increasing oral health literacy, children, teens, and adults understand the value and importance of preventative oral health care, leading to reduced incidents of decay and costly treatment. MORE HEALTH will partner with local agencies and schools to improve oral health literacy and increase access to preventative treatments.

MORE HEALTH, working with community stakeholders, aims to eradicate dental disease in children and improve oral health across the life span in Hillsborough County with specific focus on the Hillsborough County School District. The Hillsborough County School District, the 8th largest school district in the U.S., has 256 schools including 90 Title 1 elementary schools. MORE HEALTH will unite traditional and non-traditional partners to improve oral health through a school-wide campaign, including the implementation of the MORE HEALTH "Tooth Town, Show Down" Lesson taught to individual second grade Title 1 classrooms. This past year, the sealant program was provided in 90 Title 1 elementary schools.

Through education and preventive services, MORE HEALTH and partners will mobilize the community to support oral health initiatives in the schools. Working with the Hillsborough County School District, Tampa Family Health Centers and Suncoast Health Centers (FQHC), Department of Health- Hillsborough, and Tampa General Hospital, MORE HEALTH will:

Provide oral health education to children in individual classrooms in all 90 Title 1 schools, serving over 9,000 students. The MORE HEALTH dental lesson incorporates songs, puppets, and hands-on activities as the students learn five ways to protect their teeth: brushing, flossing, using fluoride, choosing nutritious foods and drinks and visiting the dentist two times a year. Students receive a new toothbrush at the end of the lesson. The MORE HEALTH Dental Lesson has been studied by an outside evaluator and was found effective for knowledge gain and intent to change behavior.

Work with the FQHCs to schedule education, consent form distribution, and visits from the mobile clinic.

Assist school nurses, assistant principals and/or guidance counselors in promoting the sealant program and encouraging students to return their consent slips.

Provide parents with information about the dental screening and sealant program, how to achieve good oral health for their children and themselves through take home information including website and local community resources.

Advocate and educate important oral health behaviors to school children such as the importance of good oral hygiene, healthy nutrition, and visiting a dentist twice a year.

#### C) Project Goal, Objectives, Activities & Expected Outcomes

*Project Goal:*

The long term goal of the Super Smiles project is to eradicate dental disease in children and improve oral health across their lifespan through increased oral health literacy and access to care.

*Project Objectives:*

To provide oral health education through the MORE HEALTH Dental 2 Lesson to 9,000 second grade students in Hillsborough County's public, private, and charter schools, including 90 Title 1 schools by May 31, 2020.

*Program Activities:*

During the past 30 years, MORE HEALTH has developed 25 individual health lessons and educated 4 million children in grades pre-K through 12th grade. The lesson topics include dental health, firearm safety, skin cancer prevention, nutrition and fitness, bicycle and pedestrian safety, personal hygiene, poison prevention, heart, lung, and brain health, teen pregnancy prevention, and the dangers of distracted driving to name a few. All MORE HEALTH lessons are aligned to the National Health Standards and Florida State Standards for health, science, language arts, math, and physical education. Based upon research and national best practices, MORE HEALTH lessons are innovative and interactive and developed by MORE HEALTH in collaboration with experts in the health field. Teachers receive pre and post-visit lesson materials and activities to reinforce the concepts presented to the students by the MORE HEALTH instructor. Educational information is also sent home with students to encourage family involvement. MORE HEALTH serves public and private schools and other community and faith-based organizations throughout the Tampa Bay area, which is a region in west central Florida with an estimated total population of 2.8 million people. MORE HEALTH is also active in the community, partnering with local hospitals, law enforcement, health departments, federally qualified health clinics, and organizations to promote and provide health and safety initiatives. This grant will focus efforts in Hillsborough County, where the high minority populations and high poverty levels have led to health disparities. The Black population is higher (17.8%) than the statewide percentage (16.9%) and the Hispanic population (28.6%) is also higher than the state percentage (25.6%). Hillsborough County residents living below the federal poverty level is higher (15.7%) than the state's percentage (14%).

*Expected Outcomes:*

- a. At least 9,000 students in over 90 schools will participate in the MORE HEALTH Dental 2 project by May 31, 2020.
- b. At least 9,000 toothbrushes will be provided to students receiving the Dental Lesson.
- c. Student knowledge gains regarding dental health and how to care for their teeth.
- d. Classroom teachers' scores on the project will average at least 95% or higher.

*Evaluation:*

5. Evaluation

The MORE HEALTH data collection tool will track the 90 participating schools and report the number of students participating in the project. The target number of students, 9,000 will be tracked by the collection tool as well. The number of students taught will capture at least 9,000 toothbrushes given out and verified by the inventory purchased and used. Students will participate in pre and posttest to measure knowledge gain. Evaluation techniques will be used to measure the process and program. Additionally, classroom teacher evaluation forms will provide documentation of lessons taught and classroom teacher satisfaction. This tracking will account for successes or lower numbers of students participating.

D) Timeline

Provide a timeline for implementing the project. State the start date and ending date of the project, include timeframes for specific activities, as appropriate.

August 2019 – A schedule will be created to provide schools free oral health education and free dental prevention services through MORE HEALTH and FQHCs. Provide training to health instructors. Send out scheduling packets and order supplies.

September 2019 – Confirm dates and solidify times. Classrooms begin to receive dental health education, and FQHCs start to provide preventive dental services. Classroom teachers provide evaluations on the lesson presentations. Collect data on number of classes, students, and compile results from the classroom teacher evaluations.

October 2019 – December 2019 – Continue to confirm dates and times, classrooms continue to receive dental health education and FQHC's continue to provide services and referrals for restorative services.

January 2020 – Provide an update report on progress to S. L. Gimbel Foundation through the Community Foundation.

January 2020 – May 2020 – Continue to confirm dates and times, classrooms continue to receive dental health education.

July 2020 – Provide a full report detailing the outcomes of the project to S. L. Gimbel Foundation through the Community Foundation and MORE HEALTH Board Members.

E) Target Population

Who will this grant serve? How many people will be impacted? Provide a breakdown: Number of Children, Youth, Adults, Seniors, Animals.

This project will serve second grade students in Hillsborough County schools. Preference will be given to low to moderate income areas. The Dental 2 Lesson will be scheduled in approximately 90 schools reaching over 9,000 students. Parents/caregivers will also be served through oral health educational information sent home. Classroom teachers will also be impacted as they learn about oral health alongside their students.

F) Projects in the Community

How does this project relate to other existing projects in the community? Who else in the community is providing this service or has a similar project? Who are your community partners (if any)? How are you utilizing volunteers?

MORE HEALTH has been teaching 25 different health education lessons in Hillsborough County Schools for 30 years. MORE HEALTH partners with several organizations to ensure every second grade student attending a Title 1 school in Hillsborough County has the opportunity to receive oral health education and dental services. This partnership includes the Hillsborough County School District, the Florida Department of Health in Hillsborough, Tampa Family Health Centers, and Suncoast Community Health Centers. The School Based Sealant Program is the only group endorsed by the Hillsborough County School Board to provide the education and services offered through the program. Due to the need for extensive training to deliver effective health education, MORE HEALTH does not utilize volunteers.

G) Use of Grant Funds

How will you use the grant funds?

The grant funds will be used to support the implementation of the MORE HEALTH Oral Health Education Lesson taught as an important component of the Hillsborough County School Based Dental

Sealant Program. The MORE HEALTH Dental Lesson will be taught in approximately 500 second grade classrooms in Title 1 Elementary Schools, Hillsborough County, FL. Funds will be used for the following:

- a. Salaries – MH instructors will teach the Dental Lessons in elementary school classrooms. MH scheduler will work with FQHC's and principals/assistant principals to schedule 90 Title 1 schools that includes dates/times for MH education and mobile clinic visits. MORE HEALTH Project Coordinator will work with all partners to ensure success of program, evaluate instructors and lesson content, and identify additional opportunities.
- b. Material and supplies - Toothbrushes will be given to all students, take home educational materials for parents/caregivers, classroom teacher packets, lesson visuals/signage.
- c. Training - MH instructors will receive comprehensive training, to be certified in the content area, and evaluated by classroom teachers and MH evaluators/Project Coordinator.
- d. Mileage reimbursement- instructors/trainers will receive reimbursement for travel to and from the school sites.

### **III. Project Future**

#### **A) Sustainability**

MORE HEALTH has a long history of identifying sources of revenue and soliciting donations. The capacity of this project to reach so many students will have an appeal on future donors and lesson sponsors. MORE HEALTH will continue to seek other partners and funding sources to continue meeting the need for requests to teach dental health education during and after the grant period.

### **IV. Governance, Executive Leadership and Key Personnel/Staff Qualifications**

#### **A) Governance**

The MORE HEALTH Board of Directors comes from diverse backgrounds and includes individuals from local hospitals, school districts, law enforcement, financial institutions and other community stakeholders. The Board meets at least quarterly with the Executive Director and team members. Board members are advisors and fundraisers and serve as a strong voice for the organization in the community. Committees include finance, governance, health/safety education, and events. The Board discusses vision and mission during board meetings and votes on important decisions regarding the organization as appropriate. The Board observes classroom presentations and trainings and participates in board retreats. The Board is very supportive of the organization and works closely with MORE HEALTH administration.

#### **B) Management**

Describe the qualifications of key personnel/staff responsible for the project.

Karen Pesce Buckenheimer, R.N., B.S.N, will lead the project as MORE HEALTH's Executive Director with over 18 years' experience leading MORE HEALTH, Inc. Karen has overseen the implementation and completion of many state grants including the 5 year CDC Steps to a Healthier Hillsborough, where she received an Hero's award from the CDC.

Carlene Lemaster, Operations Manager, will oversee the day to day operations of the project including scheduling and training. Carlene has fulfilled the duties as grant manager for many state grants, including Florida Department of Health, Office of Minority Health, 3 year Closing the Gap grant, Florida Department of Law Enforcement and Florida Department of Transportation grants for the past 6 years, and the Florida Department of Health, Bureau of Emergency Medical Service.



Health Instructors will be responsible for delivering the dental health lessons. MORE HEALTH carefully chooses their instructors, many have teaching or nursing backgrounds. They are highly trained and continue training throughout their MORE HEALTH career. The average MORE HEALTH instructor has been teaching health and safety lessons for eight years.

## S.L. Gimbel Foundation APPLICATION

Organization Name:

MORE HEALTH, Inc.

**V. Project Budget and Narrative (Do not delete these instructions on your completed form).**

**A) Budget Table:** Provide a detailed line-item budget for your entire project by completing the table below.

Requested line items should be limited to Ten (10) line items. The less the better.

A breakdown of specific line item requests and attendant costs should include:

- 1) Line item requests for materials, supplies, equipment and others:
  - a. Identify and list the type of materials, supplies, equipment, etc.
  - b. Specify the unit cost, number of units, and total cost
  - c. Use a formula/equation as applicable. (i.e. 40 books @ \$100 each = \$4000)
- 2) Line item requests for staff compensation, benefits: **Do not use FTE percentages.**
  - a. Identify the position; for each position request, specify the hourly rate and the number of hours (i.e. \$20/hr x 20 hours/week x 20 weeks = \$8,000)
  - b. For benefits, provide the formula and calculation (i.e. \$8,000 x 25% = \$2,000)
- 3) Line items on Salaries/Personnel included in budget (contribution or in-kind) but NOT requested from the Gimbel Foundation must be broken down per number 2) above: Provide rate of pay per hour and number of hours.

Line Item Request	Line Item Description (Maximum two lines)	Support From Your Agency	Support From Other Funders	Requested Amount From Gimbel/TCF	Line Item Total of Project
Personnel: Project Coordinator	.25 hours/classroom x \$35/hour x 500 classrooms = \$4375	\$1010		\$3365	\$4375
Personnel: Instructors	1.35 hours/classroom x \$25/hour x 500 classrooms = \$16,875		\$3895	\$12,980	\$16,875
Personnel: Scheduler	.25 hours/classroom x \$30/hour x 500 classrooms = \$3750		\$865	\$2885	\$3750
Materials and Supplies	\$11.50/classroom x 500 = \$5750		\$1326	\$4424	\$5750
Mileage	Average 7.87 miles/classroom visit x \$.445 x 500 classrooms = \$1750		\$404	\$1346	\$1750
					0
					0
					0
					0
<b>TOTALS:</b>		\$1010	\$6490	\$25,000	\$32,500

B) **Narrative:** The budget narrative is the justification of “how” and/or “why” a line item helps to meet the project deliverables. Provide a description for each line item request as necessary. Explain how the line item relates to the project. If you are requesting funds to pay for staff, list the specific duties of each position. See attached SAMPLE Project Budget and Budget Narrative

1. Personnel: Project Coordinator

Coordinate all activities of Super Smiles. including fostering relationships with FQHCs, preparing materials and training.

.25 hours/classroom x \$35/hour x 500 classrooms = \$4,375

2. Personnel: Instructors

To deliver hands-on dental lessons.

1.35 hours/classroom x \$25/hour x 500 classrooms = \$16,875

3. Personnel: Scheduler

To work with the FQHCs to complete a comprehensive for 90 Title 1 schools that includes dates for education and mobile clinic visits.

.25 hours/classroom x \$30/hour x 500 classrooms = \$3,750

4. Materials and Supplies

To provide take home educational materials for parents and caregivers including toothbrushes, teaching supplies, pre-class and post class lesson resources for classrooms.

\$11.50/classroom x 500 = \$5,750

5. Mileage

Mileage reimbursement to drive to and from each school at \$.445 per mile.

Average 7.87 miles/classroom visit x \$.445 x 500 classrooms = \$1,750

## S.L. Gimbel Foundation APPLICATION

**VI. Sources of Funding:** Please list your current sources of funding and amounts.

### *Secured/Awarded*

Name of Funder: Foundation, Corporation, Government	Amount
Tampa General Hospital	\$ 257,500
Johns Hopkins All Children's Hospital	\$ 180,730
Ferman Auto	\$ 5000
Lifelink	\$ 12000
Alphagraphics	\$ 2500
Hillsborough County Sheriff's Office	\$ 10,000
TGH Foundation	\$ 30,000
Florida Poison Center	\$ 3500

### *Pending*

Name of Funder: Foundation, Corporation, Government	Amount	Decision Date
	\$	
	\$	
	\$	
	\$	
	\$	
	\$	

**Diversity of Funding Sources:** A financially healthy organization should have a diverse mix of funding sources. Complete those categories that apply to your organization using figures from your most recent fiscal year.

Funding Source	Amount	% of Total Revenue	Funding Source	Amount	% of Total Revenue
Contributions	\$ 442,183	47.3 %	Program Fees	\$ 4726	.5 %
Fundraising/Special Events	\$	%	Interest Income	\$ 23,735	2.5 %
Corp/Foundation Grants	\$ 207,673	22.2 %	Other:	\$ 67,860	7.2 %
Government Grants	\$ 189,643	20.3 %	Other:	\$	%

### **Notes:**

The other income includes in kind rent.

## S.L. Gimbel Foundation APPLICATION

### VII. Financial Analysis

Agency Name: MORE HEALTH Inc.

Most Current Fiscal Year (Dates): From 10/1/2017 To: 9/30/2018

This section presents an overview of an applicant organization's financial health and will be reviewed along with the grant proposal. Provide all the information requested on your **entire organization**. Include any notes that may explain any extraordinary circumstances. Information should be taken from your most recent 990 and audit. **Double check your figures!**

#### Form 990, Part IX: Statement of Functional Expenses

**1) Transfer the totals for each of the columns, Line 25- Total functional expenses (page 10)**

(A) Total Expenses	(B) Program service expenses	(C) Management & general expenses	(D) Fundraising expenses
\$904,879	\$764,268	\$125,067	\$15,544

**2) Calculate the percentages of Columns B, C, and D, over A (per totals above)**

- Program services (B) – A general rule is that at least 75% of total expenses should be used to support programs
- Management & general administration (C) – A general rule is that no more than 15% of total expenses should be used for management & general expenses
- Fundraising (D) – A general rule is that no more than 10% of total expenses should be used for fundraising

(A) Total Expenses	(B) Program service expenses	(C) Management & general expenses	(D) Fundraising expenses
	Columns B / A x 100	Columns C / A x 100	Columns D / A x 100
Must equal 100%	84.5 %	13.8 %	1.7 %

**3) Calculate the difference between your CURRENT year budget for management & general expenses and your previous management & general expenses per your 990 (Column C)**

Percentage of Organization's <u>Current</u> Total Budget used for Administration	Column C, Management & general expenses per 990 above	Differential
121,010 %	125,067 %	3 %

If the differential is above (+) or below (-) 10%, provide an explanation:

# **S.L. Gimbel Foundation APPLICATION**

**Quick Ratio:** Measures the level of liquidity and measures only current assets that can be quickly turned to cash. A generally standard Quick Ratio equals 1 or more.

<b>Cash</b>	<b>+ Accounts Receivables</b>	<b>/Current Liabilities</b>	<b>= Quick Ratio</b>
\$126,658	\$ 64,416	69,800	2.74

**Excess or Deficit for the Year:**

Excess or (Deficit) Most recent fiscal year end	Excess or (Deficit) Prior fiscal year end
\$30,941	\$46,392

**Notes:**

[illegible]

### SAMPLE Budget Comparison

	Actuals		Budget		Variance	
	Most Recently		Projections			
	Completed Year		Current Year			
	20 18		20 19			
<b>Income</b>						
Individual Contributions	-	-	1500	-	1500	-
Corporate Contributions	442,183	-	441,830	-	-353	-
Foundation Grants	207,673	-	238,000	-	30,327	-
Government Contributions	189,643	-	196,553	-	6,910	-
Other Earned Income	4726	-	5000	-	274	-
Other Unearned Income	67,860	-	67,860	-	0	-
Interest & Dividend Income	23,735	-	15,000	-	-8735	-
<b>Total Income</b>	935,820	-	965,743	-	29,923	-
<b>Expenditures</b>						
<b>Personnel</b>						
Salary CEO	122,725	-	129,898	-	7173	-
Salary Assistant	461,800	-	485,102	-	23,302	-
Payroll Taxes	43,776	-	50,430	-	6654	-
Insurance - Workers' Comp	3755	-	4800	-	1045	-
Insurance - Health	17,678	-	18,000	-	322	-
Payroll Services	2441	-	2600	-	159	-
Retirement	9882	-	8000	-	-1882	-
<b>Total Personnel</b>	662,057	-	698,830	-	36,773	-
<b>General Program/Administrative</b>						
Bank/Investment Fee	11115	-	10,000	-	-1115	-
Publications	-	-	-	-	-	-
Conferences & Meetings	4748	-	5400	-	652	-
Mileage	27,460	-	36,900	-	9440	-
Audit & Accounting	5000	-	6500	-	1500	-
Program Consultants	10473	-	5000	-	-5473	-
Insurance Expense	1402	-	1400	-	-2	-
Telephone Expense - Land Lines	1875	-	1875	-	0	-
DSL & Internet	3960	-	4000	-	40	-
Website	6740	-	2500	-	-4240	-
Office Supplies	9883	-	17000	-	7117	-
Postage & Delivery	859	-	1000	-	141	-
Printing & Copying	31,427	-	40,000	-	8573	-
Miscellaneous	127880	-	130,339	-	2459	-
<b>Total General Program/Administrative</b>	242,822	-	251,914	-	9092	-
<b>Total Expenditures</b>	904,879	-	950,755	-	45,865	-
<b>Revenue Less Expense</b>	30941	-	14,999	-	-15,942	-

**MORE HEALTH 2018-19 Annual Budget**

		Annual Budget Amount
<b>Income</b>	<b>Hospitals</b>	<b>\$441,830.00</b>
	TGH	\$257,500.00
	All Children's	\$180,730.00
	Florida Poison Center	\$3,600.00
	<b>Corporations</b>	<b>\$84,500.00</b>
	Alphagraphics	\$2,500.00
	Bank of Tampa	\$2,500.00
	Ferman Auto	\$5,000.00
	One Blood	\$20,000.00
	Frozen Foods & Refridge.	\$5,000.00
	Lifelink	\$12,000.00
	Spurlino	\$25,000.00
	Tampa Bay Rays	\$12,500.00
	<b>Government Grants</b>	<b>\$196,553.81</b>
	FDOT	\$127,553.81
	FDLE	\$25,000.00
	HCSO	\$10,000.00
	TPD	\$5,000.00
	School Nutrition Services	\$20,000.00
	SDHC - Trauma	\$9,000.00
	<b>Foundations</b>	<b>\$153,500.00</b>
	Allstate	\$45,000.00
	American Heart	\$7,300.00
	Amerigroup	\$5,000.00
	Birdies for Charities	\$4,500.00
	Couch Foundation	\$7,500.00
	Hillsborough County Medical Assn	\$1,500.00
	Junior League of Tampa -Toothbrushes	\$3,000.00
	Lightning Jerseys	\$20,000.00
	Florida Poison Foundation	\$3,600.00
	George C Forsythe Family Foundation	\$10,000.00
	New York Yankees Tampa Foundation	\$5,000.00
	TGH Golf Tournament	\$30,000.00
	THA Youth Build	\$1,100.00
	The Walter Foundation	\$10,000.00
	<b>In-Kind Contributions</b>	<b>\$67,860.00</b>
	Rent-TGH	\$67,860.00
	<b>Individual Donors</b>	<b>\$1,500.00</b>
	<b>Lesson Sales</b>	<b>\$5,000.00</b>
	<b>Total Income (cash)</b>	<b>\$950,743.81</b>
	<b>Interest &amp; Dividends Income</b>	<b>\$15,000.00</b>
	<b>Investment Unrealized gain/loss</b>	<b>\$50,000.00</b>
	<b>Total Income</b>	<b>\$1,015,743.81</b>



<b>Expenses</b>		
<b>Employee</b>		<b>703,630.00</b>
	Salaries	\$615,000.00
	Insurance	\$24,200.00
	Health -\$18,000	
	Liability- \$1400	
	Work. Comp \$4800	
	Retirement Benefits	\$8,000.00
	Contract Services	\$5,000.00
	Payroll Taxes	\$50,430.00
	Staff Development	\$1,000.00
<b>Program</b>		<b>116,900.00</b>
	Lesson Supplies	\$40,000.00
	Teacher Mileage	\$36,900.00
	Printing	\$40,000.00
<b>Operating</b>		<b>130,213.81</b>
	Accounting (includes audit)	\$6,500.00
	Payroll Processing Fees	\$2,600.00
	Investment Fees	\$10,000.00
	Board of Directors	\$1,500.00
	Meeting Expense	\$4,400.00
	Maintenance/Security	\$3,000.00
	Alarm \$420	
	Cleaning \$2280	
	Membership Fees	\$500.00
	Office Supplies	\$17,003.81
	Postage	\$1,000.00
	Rent In-Kind	\$67,860.00
	Licenses and Permits	\$500.00
	Travel	\$5,250.00
	Conferences	\$1,000.00
	Website, Internet, Phone	\$9,100.00
	Credit Card Fees \$800	
	Cell Phone \$1800	
	Internet /Cable \$4000	
	Website \$2500	
<b>Total Expenses</b>		<b>950,743.81</b>
<b>Net Income (cash)</b>		<b>0.00</b>
<b>Net Income (Investments)</b>		<b>65,000.00</b>

**Part IX Statement of Functional Expenses**

Section 501(c)(3) and 501(c)(4) organizations must complete all columns. All other organizations must complete column (A).

Check if Schedule O contains a response or note to any line in this Part IX ☐**Do not include amounts reported on lines 6b, 7b, 8b, 9b, and 10b of Part VIII.**

	(A) Total expenses	(B) Program service expenses	(C) Management and general expenses	(D) Fundraising expenses
1 Grants and other assistance to domestic organizations and domestic governments. See Part IV, line 21				
2 Grants and other assistance to domestic individuals. See Part IV, line 22				
3 Grants and other assistance to foreign organizations, foreign governments, and foreign individuals. See Part IV, lines 15 and 16				
4 Benefits paid to or for members				
5 Compensation of current officers, directors, trustees, and key employees				
6 Compensation not included above, to disqualified persons (as defined under section 4958(f)(1)) and persons described in section 4958(c)(3)(B)	116,800			
7 Other salaries and wages	584,525	496,846	81,834	5,845
8 Pension plan accruals and contributions (include section 401(k) and 403(b) employer contributions)	9,882	8,400	1,383	99
9 Other employee benefits				
10 Payroll taxes	43,776	37,209	6,128	439
11 Fees for services (non-employees):				
a Management				
b Legal				
c Accounting	5,000	985	4,015	
d Lobbying				
e Professional fundraising services. See Part IV, line 7				
f Investment management fees	10,849		10,849	
g Other. (If line 11g amount exceeds 10% of line 25, column (A) amount, list line 11g expenses on Schedule O.)	13,055	5,521	3,567	3,967
12 Advertising and promotion	2,100	2,100		
13 Office expenses	42,877	41,453	1,424	
14 Information technology				
15 Royalties				
16 Occupancy	70,945	55,559	10,772	4,614
17 Travel	29,184	28,921	88	175
18 Payments of travel or entertainment expenses for any federal, state, or local public officials				
19 Conferences, conventions, and meetings	6,359	5,669	615	75
20 Interest				
21 Payments to affiliates				
22 Depreciation, depletion, and amortization				
23 Insurance	22,835	19,410	3,197	228
24 Other expenses. Itemize expenses not covered above (List miscellaneous expenses in line 24e. If line 24e amount exceeds 10% of line 25, column (A) amount, list line 24e expenses on Schedule O.)				
a PROGRAM SUPPLIES	46,915	46,901		14
b WEBSITE AND NETWORK EXPENSES	12,577	11,294	1,195	88
c LESSON DEVELOPMENT	4,000	4,000		
d				
e All other expenses				
25 Total functional expenses. Add lines 1 through 24e	904,879	764,268	125,067	15,544
26 Joint costs. Complete this line only if the organization reported in column (B) joint costs from a combined educational campaign and fundraising solicitation. Check here <input type="checkbox"/> if following SOP 98-2 (ASC 958-720)				



IRS Department of the Treasury  
Internal Revenue Service

P.O. Box 2508  
Cincinnati OH 45201

In reply refer to: 0248132325  
Nov. 15, 2010 LTR 4168C E0  
59-3397472 000000 00

00013768  
BODC: TE

MORE HEALTH INC  
% KAREN PESCE DIRECTOR  
3821 HENDERSON BLVD  
TAMPA FL 33629-5013



008706

Employer Identification Number: 59-3397472  
Person to Contact: Paul M Perry  
Toll Free Telephone Number: 1-877-829-5500

Dear Taxpayer:

This is in response to your Nov. 03, 2010, request for information regarding your tax-exempt status.

Our records indicate that you were recognized as exempt under section 501(c)(3) of the Internal Revenue Code in a determination letter issued in July 1997.

Our records also indicate that you are not a private foundation within the meaning of section 509(a) of the Code because you are described in section(s) 509(a)(1) and 170(b)(1)(A)(vi).

Donors may deduct contributions to you as provided in section 170 of the Code. Bequests, legacies, devises, transfers, or gifts to you or for your use are deductible for Federal estate and gift tax purposes if they meet the applicable provisions of sections 2055, 2106, and 2522 of the Code.

Please refer to our website [www.irs.gov/eo](http://www.irs.gov/eo) for information regarding filing requirements. Specifically, section 6033(j) of the Code provides that failure to file an annual information return for three consecutive years results in revocation of tax-exempt status as of the filing due date of the third return for organizations required to file. We will publish a list of organizations whose tax-exempt status was revoked under section 6033(j) of the Code on our website beginning in early 2011.



**MORE HEALTH, Inc.  
Board of Directors 2019**

**Officers**

President	Cindy Rose Community Liaison 1187 Gasparilla Drive, NE St. Petersburg, FL 33702 Cell : 727-580-7440 Email: cindy.rose175@gmail.com
Vice-President	Richard Kouwe Retired 371 Channelside Walk Way, #801 Tampa, FL 33602 Cell: 813-767-5313 E-mail: rkouwe1@gmail.com
Secretary	Donna Walsh Bank of Tampa 4355 Henderson Blvd Tampa, Florida 33629 Phone : 813-998-2787 Cell : 813-215-8840 Email : <a href="mailto:dwalsh@bankoftampa.com">dwalsh@bankoftampa.com</a>
Treasurer	Andres Prida, CPA Prida, Guida, & Perez, P.A. 1106 North Franklin St. Tampa, FL 33602 Phone: 813-226-6091 Ext. 126 Cell: 813-601-9778 Email: <a href="mailto:aprida@pridacpas.com">aprida@pridacpas.com</a>

Kimberly Berfield  
Vice President, Government and Community Affairs  
Johns Hopkins All Children's Hospital  
601 5<sup>th</sup> St S Suite 504  
St. Petersburg, FL 33701  
Phone: 727-767-2394  
Private line:  
Cell: 727-244-8947  
Email: [kberfie1@jhmi.edu](mailto:kberfie1@jhmi.edu)

Stacey Brandt  
Senior Vice President, Chief Strategy and Marketing Officer  
Tampa General Hospital  
One Tampa General Circle  
Tampa, FL 33606  
Phone: 813-844-8279  
Cell: 561-308-5159  
Email: [sbrandt@tgh.org](mailto:sbrandt@tgh.org)

Peter Chang, MD  
Chief Medical Informatics Officer  
One Tampa General Circle  
Tampa, FL 33606  
Phone: 813-844-3862  
Cell: 813-389-9512  
E-mail: [PCchang@tgh.org](mailto:PCchang@tgh.org)

Anddrikk L. Frazier  
Integral Energy  
Managing Partner  
330 Pauls Drive, Suite 215  
Tampa, FL 33519  
Phone: 813-264-6696  
Cell: 813-299-6468  
Email: [AFrazier@IntegralEnergyUS.com](mailto:AFrazier@IntegralEnergyUS.com)

Ashley Grimes  
Pinellas County Schools  
301 4<sup>th</sup> Street SW  
Largo, Florida 33770  
Office: 727-588-6346  
Cell: 727-793-7494  
[grimesa@pcsb.org](mailto:grimesa@pcsb.org)

Peggy Johns  
330 56th Avenue, S  
St. Petersburg, FL 33705  
peggyjohns@gmail.com  
Cell : 727-600-3367

Holly Saia  
Hillsborough County Public Schools  
Rossac Building  
901 E. Kennedy Blvd.  
Tampa, FL 33602  
Phone: 813-273-7136  
Cell: 813-625-3628  
Email: holly.saia@sdhc.k12.fl.us

Captain Thomas St. John  
Hillsborough County Sheriff's Office  
Post Office Box 3371  
Tampa, FL 33601  
Phone: 813-247-8128  
Cell: 813-363-3109  
Email: [tstjohn@hcsa.tampa.fl.us](mailto:tstjohn@hcsa.tampa.fl.us)

**MORE HEALTH, Inc. Executive Director**

Karen Pesce Buckenheimer, RN, BSN  
3821 Henderson Blvd  
Tampa, Florida 33629  
Phone: 813-287-5032  
Cell: 813-340-6062  
Fax: 813-288-8180  
Email: [kpesce@morehealthinc.org](mailto:kpesce@morehealthinc.org)

**MORE HEALTH  
Choice Not Chance – Teen Pregnancy Prevention  
2012-13 Grant Evaluation**

- |  |  |
|--|--|
| <b>1. Name of your Organization:</b>                                 | <b>MORE HEALTH, Inc.</b>   |
| <b>2. Grant #</b>  | <b>2012865</b>   |
| <b>3. Grant Period</b>   | <b>November 15, 2012-November 14, 2013</b>   |
| <b>4. Location of your organization</b>                              | <b>Hillsborough County Florida</b>   |
| <b>5. Name and Title of Person Completing</b>                        | <b>Shannon Starace, Evaluator</b>  |
| <b>6. Phone Number</b>   | <b>(813) 287-5032</b>  |
| <b>7. Email Address</b>  | <b><u><a href="mailto:kpesce@morehealthinc.org">kpesce@morehealthinc.org</a></u></b> |
| <b>8. Total number of clients served through this grant funding.</b> | <b>15,044</b>  |

## **1. Describe the project's key outcomes**

The short-term goal of the Choice, Not Chance lesson is to inform students about the human reproductive system and the possible risks and consequences of engaging in sexual activity as a teen. Teens leave this lesson understanding that abstinence is the only 100% method of preventing a pregnancy or becoming infected with an STD. The long-term goal is to reduce the teen birth rate and STD rates among youth in Hillsborough County. This project, funded by the S.L. Gimbel Foundation Fund, supported the following three objectives.

1. By May 31, 2013, schedule and provide the teen pregnancy prevention lesson in 90% of Hillsborough County middle schools to reach 11,600 sixth grade students.
2. Increase 6<sup>th</sup> grade student knowledge gains regarding the human reproductive system, pregnancy prevention, and the consequences of teen pregnancy and risks of STDs.
3. Increase the understanding of a "best practice" model by evaluating this innovative strategy of a school district partnering with a community organization to provide or supplement health education in schools.

## **Evaluation Findings**

**Evaluation Question # 1: To what extent did MORE HEALTH provide teen pregnancy prevention lessons to 11,600 6<sup>th</sup> grade students in 90% of the middle schools in Hillsborough?**

**Project Objective 1:** By May 31, 2013, schedule and provide the teen pregnancy prevention lesson in 90% of Hillsborough County middle schools to reach 5,800 sixth grade students.

The Hillsborough County School District requested that MORE HEALTH teach the teen pregnancy lesson in as many middle schools as possible. As one of this project's objectives, MORE HEALTH set a goal to schedule lessons in 90% of the district's middle schools. To measure the extent to which MORE HEALTH reached 90% of the middle schools in Hillsborough County, the schedule of lessons was reviewed. Table 1 displays the number of schools, classes, and students who received the MORE HEALTH teen pregnancy prevention lesson in Hillsborough County schools. A total of 15,044 students in 6<sup>th</sup> grade received the pregnancy prevention lesson from a MORE HEALTH instructor. These lessons are taught one class at a time to approximately 22-28 students in each class. During the 2012-2013 school year, MORE HEALTH instructors provided this lesson in 57 middle schools, which represents 99% of all schools.



<b>Table 1</b> <b>Teen Pregnancy Prevention Lesson Implementation in 2012-13</b>				
<b>Lessons</b>	<b>School District</b>	<b>Number of Schools</b>	<b>Number of Classes</b>	<b>Number of Students</b>
For 6 <sup>th</sup> grade	Hillsborough	57	662	15,044

**Evaluation Question # 2: How did student knowledge regarding teen pregnancy and STD prevention improve after the MORE HEALTH "Choice Not Chance" lesson?**

**Project Objective 2: Increase 6<sup>th</sup> grade student knowledge gains regarding the human reproductive system, pregnancy prevention, and the consequences of teen pregnancy and risks of STDs.**

#### Sixth Grade Student Data

To assess students' knowledge gains with respect to information on teen pregnancy and STD prevention covered in the 2-day MORE HEALTH lesson, the pre- and post-test scores were compared and statistically analyzed. The pre- and post-tests were optional and teachers in three schools opted to give the tests to their students. The students completed the pre-test questions prior to the lesson given by the MORE HEALTH instructor and then they completed the same questions on the post-test within a week after the lesson. Table 2 shows the students' responses from these three schools for each of the seven knowledge-related test questions, four true and false questions and three multiple choice questions. The results are reported as frequencies for the 276<sup>1</sup> sixth grade students who took the pre-test and answered all of the pre-test questions and for the 281<sup>2</sup> sixth grade students who took the post-test and answered all of the post-test questions.

The results from the sixth grade pre- and post-test show the changes in student knowledge of facts regarding teen pregnancy and STD prevention covered during the MORE HEALTH instructors' lesson among the students taking the test. The pre-test scores show that the vast majority of students tested already knew that all sexually transmitted diseases cannot be cured with medication (86.2%), that teen pregnancy can have emotional, physical, financial, and legal consequences (81.2%), and that HIV is the

<sup>1</sup>302 sixth grade students took the pre-test survey. Twenty-six of these students did not answer all test questions, resulting in a sample size of 276 students.

<sup>2</sup>302 sixth grade students took the post-test survey. Twenty-one of these students did not answer all test questions, resulting in a sample size of 281 students.

virus that causes AIDS (75.0%). Before the lesson students tested were least likely to know that the Hillsborough County teen birth rate is 20% higher than the U. S. teen birth rate (38.4%) and that the meaning of the term “sexual abstinence” is no sexual activity (33.3%). In fact, nearly half (47.5%) of students tested gave a response that they “did not know” what the term sexual abstinence meant.

Among the students tested, there was improvement in the number of correct responses given across all seven knowledge-related questions, with large increases for two questions and moderate to smaller increases for the others. The largest increases in correct responses were found in knowledge of:

- The meaning of the term “sexual abstinence” is no sexual activity. (From 33.3% to 87.9% correct)
- The Hillsborough County teen birth rate is 20% higher than the U. S. birth rate. (From 38.4% to 86.8% correct)
- The most effective way (100%) to prevent a pregnancy or prevent getting infected with an STD is through abstinence. (From 56.9% to 84.3% correct)

Although three-quarters of the students tested prior to the lesson knew that HIV is the virus that causes AIDS, after the lesson 94% of students tested gave the correct response. The only knowledge-related question where slightly less than 80% of students tested gave the correct response on the post-test was the question regarding the number of American teenage girls who contract sexually transmitted diseases each year. For other questions, 84% or more of students tested gave the correct response on the post-test.

The change in scores between the pre- and post-tests also points to improvements in student knowledge of facts regarding teen pregnancy and STD prevention in areas covered in the lesson. Tests were scored on a scale from 0 up to 100, with each correct response given 14.29 points and each incorrect response given 0 points. Two percent of students taking the pre-test scored 100, while 52% of students taking the post-test scored 100. The mean score for those students taking the pre-test was 61.1, with a range in scores from 28.6 to 100.0; while the mean score for those taking the post-test was 88.0, with a range from 14.3 to 100.0. Using a one sample t-test, the overall sample post-test mean score was found to be significantly higher than the overall sample pre-test score of 61 ( $t(280) = 28.51, p=0.000$ ).

These results demonstrate how the teen pregnancy prevention lesson was effective in improving student knowledge regarding teen pregnancy and STD prevention facts.



<b>Table 2</b> <b>Sixth Grade Teen Pregnancy Lesson Pre- and Post-Test Responses:</b> <b>Knowledge of Facts Regarding Teen Pregnancy and STD Prevention</b>		
<b>Questions</b> (shaded rows highlight the correct response for each question)	<b>Pre-test N (%)</b>	<b>Post-test N (%)</b>
<b>1. The Hillsborough County teen birth rate is 20% higher than the U. S. birth rate?</b>		
a. True	106 (38.4)	244 (86.8)
b. False	170 (61.6)	37 (13.2)
<b>2. The most effective way (100%) to prevent a pregnancy or prevent getting infected with an STD is through abstinence.</b>		
a. True	157 (56.9)	237 (84.3)
b. False	119 (43.1)	44 (15.7)
<b>3. HIV is the virus that causes AIDS.</b>		
a. True	207 (75.0)	265 (94.3)
b. False	69 (25.0)	16 (5.7)
<b>4. All sexually transmitted diseases can be cured with medication?</b>		
a. True	38 (13.8)	17 (6.0)
b. False	238 (86.2)	264 (94.0)
<b>5. The meaning of the term “sexual abstinence” is ...</b>		
a. a sexually transmitted disease	53 (19.2)	23 (8.2)
b. no sexual activity	92 (33.3)	247 (87.9)
c. do not know	131 (47.5)	11 (3.9)
<b>6. Types of consequence(s) of a teenage pregnancy:</b>		
a. emotional	14 (5.1)	3 (1.1)
b. physical	27 (9.8)	15 (5.3)
c. financial	8 (2.9)	9 (3.2)
d. legal	3 (1.1)	1 (0.4)
e. all of the above	224 (81.2)	253 (90.0)
<b>7. How many American teenage girls contract sexually transmitted diseases each year?</b>		
a. 0	1 (0.4)	0 (0.0)
b. 1 out of every 4	156 (56.5)	221 (78.6)
c. 3 out of every 4	119 (43.1)	60 (21.4)
<b>TOTAL Students Tested</b>	<b>276 (100.0)</b>	<b>281 (100.0)</b>

## Teen Behavioral Intentions Regarding Sexual Activity.

Two questions (questions 8 and 9) on the pre- and post-tests were designed to measure students' intentions regarding their own sexual activity using a four point agree/disagree rating scale. Table 3 shows the students' responses from the three schools that opted to give the pre- and post-test. The results are reported as frequencies for the 276<sup>3</sup> sixth grade students who took the pre-test and answered all of the pre-test questions and for the 281<sup>4</sup> sixth grade students who took the post-test and answered all of the post-test questions.

<b>Table 3</b>		
<b>Sixth Grade Teen Pregnancy Lesson Pre- and Post-Test Responses: Teen Behavioral Intentions Regarding Sexual Activity</b>		
<b>Questions</b> (shaded rows highlight the correct response for each question)	<b>Pre-test N (%)</b>	<b>Post-test N (%)</b>
<b>8. I plan to wait until I am older to be sexually active.</b>		
a. Strongly Disagree	12 (4.3)	13 (4.6)
b. Disagree	10 (3.6)	10 (3.6)
c. Agree	79 (28.6)	62 (22.1)
d. Strongly Agree	175 (63.4)	196 (69.8)
<b>9. If someone pressured me to have sex, I am sure I could say "no."</b>		
a. Strongly Disagree	11 (4.0)	15 (5.3)
b. Disagree	12 (4.3)	7 (2.5)
c. Agree	66 (23.9)	59 (21.0)
d. Strongly Agree	187 (67.8)	200 (71.2)

<sup>3</sup>302 sixth grade students took the pre-test survey. Twenty-six of these students did not answer all test questions, resulting in a sample size of 276 students.

<sup>4</sup>302 sixth grade students took the post-test survey. Twenty-one of these students did not answer all test questions, resulting in a sample size of 281 students.



<b>TOTAL Students Tested</b>	<b>276 (100.0)</b>	<b>281 (100.0)</b>
------------------------------	--------------------	--------------------

The results for questions 8-9 show the changes in student reported intentions regarding sexual activity after the MORE HEALTH teen pregnancy prevention lesson among the students taking the test. The pre-test scores indicate that, prior to the lesson, the vast majority of students tested agreed or strongly agreed that they planned to wait until they were older to be sexually active (92%) and that if someone pressured them to have sex, they were sure that they could say “no” (92%). The overall percentages of students tested who reported that they agreed or strongly agreed with these two statements did not change in the post-test responses (92% and 92%). The primary difference between the pre- and post-test responses for both questions was the fact that students were more likely to report on the post-test that they “strongly agreed” with each statement rather than “agreed.” However, the Chi-square analysis showed the change in distribution of responses for each question was not statistically significant

<b>Evaluation Question # 3: To what extent are classroom teachers satisfied with the MORE HEALTH “Choice Not Chance” lesson and instructors?</b>
--

**Project Objective 3: Increase the understanding of a “best practice” model by evaluating this innovative strategy of a school district partnering with a community organization to provide or supplement health education in schools.**

The partnership between the Hillsborough County School District and MORE HEALTH is unique and worthy of closer inspection as a strategy for districts to provide or supplement a school district’s health education program. One important benefit to districts wanting to follow this model is that a community organization, like MORE HEALTH, can bring highly trained instructors with lesson materials resulting in a savings to the district in professional development and lesson material costs.

To measure the satisfaction level of classroom teachers is important to gain a better understanding of the support for this “best practice” model of a partnership between outside” health educators and a school district. All 6<sup>th</sup> grade classroom teachers were present during the Choice Not Chance lesson and were asked to complete an evaluation of the lesson content, materials and the MORE HEALTH instructor. (See Appendix B for a copy of the Teacher Evaluation Form.) Quantitative data was collected from the rating scale scores and qualitative data was collected when classroom teachers answered three open-ended questions.

The classroom teacher’s evaluation feedback included the following six categories rated on a five point Likert scale with “1” representing the lowest score and “5” representing the highest score.

1. Pre and post activities
2. Lesson content
3. Lesson content satisfied health/science benchmarks
4. Instructional aids
5. Instructor’s rapport with students
6. Instructor’s presentation

The data from the instructor evaluation forms was analyzed and summarized to determine the extent to which classroom teachers were satisfied with MORE HEALTH’s teen pregnancy prevention lesson and instructors. The average score was calculated from the instructor evaluation forms and the results showed high levels of satisfaction from classroom teachers.

- Average score was 34.6 out of 35 possible points (98.9%).

## **2. What were the challenges and obstacles....**

The challenges we faced with this project were few and far between. The Hillsborough County school district and MORE HEALTH has a 24 year long relationship that is based on strong support for each other's goals and missions. This support goes a long way in overcoming any challenges that might occur. During the school year, MORE HEALTH's administrative office received a few phone calls from parents wanting to know more about the content of the teen pregnancy lesson. Some parents thought their children were too young for this topic. We explained the lesson objectives and the content and by the end of the phone calls the parents gave their approval to allow their children to participate in the lesson.

## **3. Describe any unintended positive outcomes.....**

As a result of this lesson being funded by the S.L. Gimbel Foundation Fund grant it provided enough funding for MORE HEALTH to teach this lesson in nearly all middle schools. This lesson was so positively received in schools that the district and school principals have requested the lesson again this school year. The principals report that their teachers do not want to teach this topic and request a MORE HEALTH instructor come to their school to teach it. MORE HEALTH views this as a very positive outcome from the project and we are continuing to search for additional funds to teach it in all middle schools.

## **4. Describe the overall effect this grant has had on the organization.**

**Evaluation Question # 4: Overall, what was the major benefit of MORE HEALTH providing the "Choice Not Chance" lesson in Hillsborough County schools?**

The analysis of the quantitative and qualitative data showed two major benefits of MORE HEALTH providing the Choice Not Chance lesson in middle schools. The first benefit was pre- and post-test scores that showed student knowledge gains regarding teen pregnancy and STD prevention facts. Although the change was not statistically significant, test scores also showed a shift in intentions regarding students' abilities to remain abstinent with more students reporting that they "strongly agree" rather than just "agree." The second major benefit was classroom teacher satisfaction with the MORE HEALTH lesson materials, content and rapport with students.

Above and beyond the results from the qualitative and quantitative data, school district administrators report that the ability of MORE HEALTH staff to schedule lessons and provide instructors at no charge to the Hillsborough County School District in such a large number of schools is a valuable benefit to the district. Classroom teachers have also

expressed to MORE HEALTH instructors how much they appreciate the topic of human growth and reproduction and teen pregnancy and STD prevention being taught by a health educator rather than them having to do it. Many classroom teachers do not feel comfortable discussing these topics with their students supporting the MORE HEALTH partnership with the school district as being a best practice model.

An additional benefit of the MORE HEALTH lesson resulted from the lesson activity involving collecting questions from 6<sup>th</sup> grade students. The Florida Department of Education, Office of Healthy Schools developed *Florida's Sexual Health Education Community Outreach Tool Kit* to assist communities and school districts with implementing comprehensive sexual health education programs. A sample of the questions written by 6<sup>th</sup> graders in Hillsborough County schools during the MORE HEALTH "Choice Not Chance" lesson was included in the tool kit as evidence to support the need for this type of prevention education.

## 5. Success stories

The project was successful in increasing student knowledge gains and being well received by classroom teachers and district administrators. In addition to the quantitative data showing evidence of student knowledge gains, two examples of comments from classroom teachers provide evidence of a successful project.

- *"Mrs. Rowe does an amazing job of presenting the material in a way that makes the students comfortable. She relates to the students. The visual aids are helpful and the activities help the students to better understand the facts."*
- *"Mrs. Rowe exemplified care and concern for every student by answering every student's questions with professional and complete answers. Her factual and honest approach quickly settled fears and embarrassments allowing my class of all boys to ask many questions they might never have asked other adults."*

Two other examples from classroom teachers describe what they thought their students liked best about the lesson are presented below.

- *"Honest and open answers."*
- *"Having their questions answered honestly, factually, and with privacy."*

An email thank you note was also sent to the MORE HEALTH administrative office from a classroom teacher and it read as follows.

*"Our sixth grade students really enjoyed having Mrs. Rowe here and I want to thank you very much for working with me on such short notice. The students really soaked in all the information she shared and I feel they are better informed to make the right choice about their relationships. Boy, have we had some interesting conversations with the first group of sixth*



*graders. She definitely got them thinking about their misconceptions. I am thrilled they are questioning their confusion about their bodies and asking to find the facts.*

*Thank you again for providing this service, the students definitely benefit."*

*- Ben Hill Middle School Sixth Grade Science Teacher*

## MORE HEALTH EXPENSES FOR TEEN PREGNANCY PREVENTION LESSONS

November 15, 2012 - November 14, 2013

[illegible]